

THE MOUNTED RIFLEMAN

3d ARMORED CAVALRY REGIMENT

MARCH 2005



OIF III

*The return of
"Brave Rifles"*

THE MOUNTED RIFLEMAN



**Published monthly by the
3d Armored
Cavalry Regiment**

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The Mounted Rifleman is the official publication for the Troopers, Noncommissioned Officers, Officers, family members and friends of the 3d Armored Cavalry Regiment. Views expressed herein are those of the authors.

The Mounted Rifleman is the primary Command Information tool of the Regimental command leadership. Its mission is to foster esprit de corps, enhance morale and keep Troopers informed throughout the Regiment.

ABOUT THIS ISSUE

Welcome to the new look of *The Mounted Rifleman* magazine. What you're looking at is not an optical illusion, there have been many changes to the design, layout, typography and other elements of design intended for one purpose - creating a quality product for the audience of the 3d Armored Cavalry Regiment.

I know this magazine is held in high esteem by its readers and friends of the Regiment, so I ensured the changes were reader friendly, more visually appealing and dynamic, while still capturing the essential information about the Troopers, Noncommissioned Officers and Officers serving the Regiment of Mounted Riflemen.

It's safe to say the theme of this particular edition is Operation Iraqi Freedom. Once again the "Brave Rifles" Regiment have been called on by our nation to serve in support of the Iraqi citizens.

Our mission is clearly defined - empower the Iraqi people to build a secure and peaceful future and help the Iraqi Security Forces take control of their own needs and developing their capabilities.

Throughout the magazine there are articles expressing the preparation, confidence and training of the Troopers prior to and since our deployment into theater. The leaders and commanders of this great Regiment have continued to ensure that every Trooper is ready for the challenges ahead. They understand it was hard for Troopers leaving their family members behind.

The Family Support Groups will assist all the families and provide you with timely information on the progress of the training and deployment.

Finally, each month I will go out with pen, pad and camera to document the historic contributions of the men and women serving in the Regiment of Mounted Cavalrymen and capture their successes.

-- *The Editor*



Photo by Sgt. 1st Class Donald Sparks

Right: Muleskinner Troopers from Support Squadron fire at an oncoming vehicle during part of the Entry Control Point training at Udairi Range in Kuwait. Cover: Muleskinner Troopers practice how to shoot on the move and maneuver in teams during training at the ECP site.

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Cover photo by Sgt. 1st Class Donald Sparks

A message from the 71st Colonel of the Regiment



Photo by Capt. Russell Nowels

Col. H.R. McMaster, 71st Regimental Commander, 3d Armored Cavalry Regiment, addresses troopers of Lighting Troop, 3rd Squadron, 3d ACR after training.

The Regiment is conducting final preparations for our mission. We were fortunate to have experienced very mild weather in Kuwait as we adjusted to the environment. I am very proud of all our leaders and troopers. Because of their professionalism and initiative, deployment and port operations went very well and we rapidly built combat power.

We also conducted high quality training to sharpen our skills and integrate new troopers into our teams.

Troopers, we are about to embark on an important mission – a mission that will help secure a peaceful future for our children as well as the children of Iraq.

The Regiment of Mounted Riflemen is absolutely prepared and, together with our Iraqi and Coalition partners, will defeat the enemies of humanity who are attempting to incite fear and terror.

As we aggressively pursue our enemies, we will build relationships with the good people of

Iraq who are determined to bring peace to their nation and support their new government.

To our families, I appreciate the sacrifices you are making so your soldier can serve our nation and his or her fellow troopers. I know that seeing your soldier depart was difficult. Your soldier is well prepared for this mission and is among family here – fellow cavalry troopers who are bound together by mutual respect, confidence, and dedication to duty.

We promise to keep you informed about our accomplishments and activities and our great rear detachment, the Mountain Post Team, and family readiness groups stand ready to help you with any difficulties you experience while your trooper is away.

By the time you read this, the Brave Rifles will be arriving in our area of operations and joining the great team of the Third Infantry Division. It is an honor to stand with soldiers who selflessly volunteered to serve our nation in time of war in the most distinguished and storied Regiment in our Army.

A message from the XVI CSM of the Regiment

I want to extend greetings to all of you from the beautiful Kingdom of Kuwait. The weather so far has been pleasant and we absorb this good weather because the upcoming months will be brutal.

Again, we are busy building combat power to ensure our success for moving north to accomplish our mission in our new areas of responsibilities. I have been truly pleased with all of the outstanding training we've accomplished since our arrival here.

Our professionalism has been great and morale is on an upward move. I ask all leaders to continue training on any shortfalls that you see and basically look closely at your final preparations before we start our movement north.

We are a great regiment filled with pride and numerous traditions. I ask you not to let pride get in the way of asking for help if needed. Remember one of the leadership principles – know yourself and seek self improvement.

We have a long, hard road ahead of us and we are ready for whatever mission comes our way because we can look 360 degrees around us and know to a Soldier that we have our front, back and sides covered.

I had the opportunity to speak with all of the senior NCOs of the regiment and shared some thoughts with them. I expressed how proud I was of each of them and their Soldiers for what they do everyday. I want to emphasize how important every Soldier in this regiment to focus on safety, particularly on negligence discharges, muzzle discipline, speeding, and seatbelts.



Photo by Sgt. 1st Class Donald Sparks

Command Sgt. Maj. John Caldwell, XVI Regimental Command Sergeant Major, 3d Armored Cavalry Regiment, instructs a Trooper on basic rifle marksmanship while in Kuwait.

We can't afford to lose one member of our great team due to preventable accidents. I need all leaders to ensure safety is not compromised – let's eliminate bad habits now.

I hope you have had the opportunity to contact family members back home by now. They need to know how you're doing and that everything is okay and that you are in good hands with your leadership.

We will have many different units attached to us and I need each of you to welcome them to the regiment and show them why we are so proud to serve in this organization. I look forward to seeing all of you at training and when we arrive up north – so please stay focused and be safe.

To all the families back home thank you for your support and understanding during these trying times as your Soldier is away from home doing the Nation's business.

As always thank you for what you do everyday and I thank you in advance for what you will do in the near future.



TIGER SQUADRON

By Lt. Col. Gregory Reilly
Tiger Squadron Commander

The Squadron has finally arrived in Kuwait and is putting the final touch on preparations prior to our deployment north into our area of operations.

The focus for the Squadron is on final training, equipment preparation and loading our stocks prior to our long movement and on the activities we will conduct in Iraq. We are taking every opportunity to hone vital skills prior to our movement north.

Land navigation, identifying road side explosive devices, Arabic language, first aid, vehicle recovery and weapons marksmanship are some

of the soldier skills being refined under realistic conditions.

I am amazed at some of the ideas our units come up with to conduct training, regardless of the resource constraints they have.

They have used vehicles around the base camp to conduct vehicle searches. They have found vacant buildings to practice their searches and are using terrain boxes to talk through future operations.

All of our Soldiers are focused, trained and well prepared for the challenges ahead. I am confident in our level of training, our leadership, the motivation of our troopers and in their ability to successfully accomplish the mission ahead.

We are well equipped and have the unique

We look forward to this challenge and I know that the inherent good will, spirit and person ability of our Troopers will touch many Iraqis.

capability to always provide our own indirect fire support and air cavalry troop support for almost any mission.

In addition to our own exceptional combat equipment, the Squadron will be equipped with an abundance of UP-Armored HMMWVs, which will give us optimal flexibility to tailor our forces for all kinds of missions.

Our combined arms capabilities truly separate our unit from most and we will always optimize these capabilities to our advantage during every mission.

Tiger Squadron will make a difference by focusing on building the Iraqi's own security

forces and improving Iraqi leadership so that they are able to lead themselves in solving problems at the local level.

We will make positive relations with the Iraqi people and do whatever we can to assist them in progressing both politically and economically.

We look forward to this challenge and I know that the inherent good will, spirit and person ability of our Troopers will touch many Iraqis.

Tiger will be aggressive, will always seek to gain the initiative in Iraq and will do this in a way that mitigates the risk to our soldiers to the greatest extent possible.

We will take advantage of our experience and

training, as well as the lessons learned from our last mission to Iraq to conduct operations at the absolute highest proficiency.

I am proud of the Tiger Team, our leaders our Soldiers and our family. The Squadron has once again been called upon by our Nation and we have answered the call in the highest tradition of professionalism and spirit.

I thank all of our Soldiers and their families for their sacrifice, courage and dedication as we prepare for our mission. I will keep all of you informed of the mission as it progresses, and also of our mid-tour leave policy as it develops.

Tiger 6/7

Dragon Company takes Mobile MOUT site by storm

By 2nd Lt. Mark Denis
D Company, 1/3d ACR

Early morning on March 14, key leaders received specialized training on Military Operations in Urban Terrain (MOUT).

After a two-hour 'train the trainer' style block of instruction, the remainder of Dragons Soldiers along with an attached Ground Surveillance Reconnaissance platoon arrived at the MOUT site.

Training began with honing individual soldier's skills. Troopers learned alternative tactics to reflexive fire and close quarter maneuvers.

Dragon built on the individual skills by forming into four and five man stack teams to perform raids.

Demonstrations from the key leaders on tried and true methods to successful room clearings gave the troopers techniques to mimic.

Teams assaulted 'glass houses' (buildings with low walls and no ceilings for training) to rehearse their combined skills.



Courtesy photo

Soldiers from Dragon Company, 1st Squadron, 3d Armored Cavalry Regiment participate in the Mobile Mout site at Camp Buerhing, Kuwait.

After demonstrating expertise in the 'glass house,' teams conducted a live fire exercise. Each team had to negotiate the three building complex.

Once inside the complex, troopers could expect tight corners, small rooms, courtyards, stairwells and life-like moving targets.

While clearing the rooms, soldiers had to identify targets as hostile or not and make the split second decision whether or not to engage that target.

To add to the stress level of split second decisions, music, weapons fire and both English and Arabic were blasted through the sites p.a. speaker system.

Cameras and microphones captured every movement and command given inside the MOUT complex.

After negotiating the course, the teams were taken to the after action review shed for a

See **DRAGON**, Page 8

DRAGON from Page 7

DVD playback and critique of their performance.

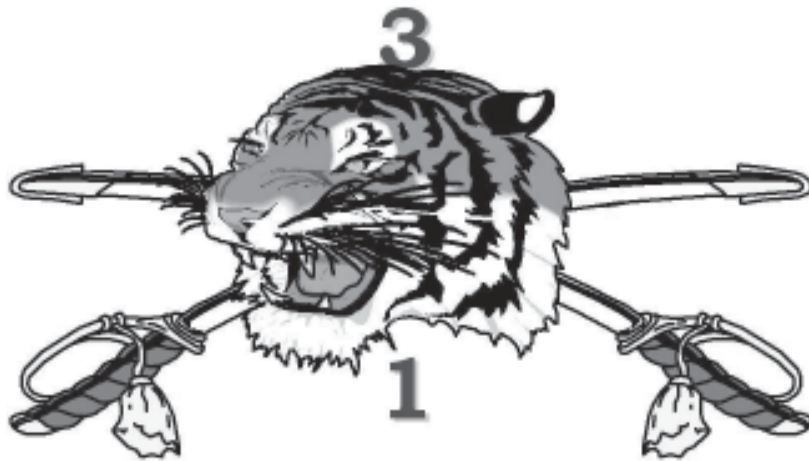
Dragon Company then moved onto night operations. A Company raid of the complex was the culminating event of the MOUT experience. During the company operation several individual skills were tested at night.

Teams were responsible for positively identifying and engaging hostile targets by applying the Rules of Engagement, utilizing Arabic phrases from language training, con-

ducting casualty evacuations and combat lifesaver skills, detainee searches and processing all while under the cover of darkness.

Dragon Company of Tiger Squadron was deployed from Fort Carson in early March. Training at the mobile MOUT site has greatly improved both individual and team skills.

The company is now fully mission capable to conduct both mounted and dismounted operations as we prepare to move north into Iraq.



Predator Battery prepared, ready for Iraq

Predator Battery, 3d Armored Cavalry Regiment has returned to Udari Range, Kuwait in preparation for the march north to AO Tiger.

While stationed at Camp Buehring, the Battery will continue to train to prepare for the challenges ahead.

Included in the packed schedule are three days training at the MOUT site, reflex fire training, the EST2000, zero and test fire of all of the Battery's weapons, convoy live-fire training, completion of the up-arming of our fleet and lastly

the upgrading of all of our Avengers.

The new and improved Avengers will be more lethal to both air and ground targets integrating the latest generation Forward Looking Infrared (FLIR) sensors with an increase in the ammo capacity of the M3P, .50 caliber machine gun.

These improvements, along with a new layer of composite armor make the Avengers a deadly reconnaissance asset in the Regiment's combat power.

Most important to the Batteries troopers during their time at

Camp Buehring is the acclimatization process.

It takes a trooper time to get used to his new environment both mentally and physically. By continuing Predator Battery's rigorous PT regimen and continuing training on such topics as combat stress and the Rules of Engagement, Predator Battery troopers will be fully prepared for their mission in Iraq.

We look forward to our mission in Iraq, and welcome any challenge brought on in our pursuit of freedom and security for the Iraqi people.



SABRE SQUADRON

By Lt. Col. Christopher M. Hickey
Sabre Squadron Commander

Greetings from the deserts of Kuwait! Since receiving deployment orders to Iraq, Sabre Squadron has been busy training our Troopers and loading equipment for the battlefield.

We thank the O/C support during the January Mission Readiness Exercise (MRX) from Cobra team, based at Fort Irwin, in helping us prepare and gain confidence for the missions ahead.

In addition to completing a tough and demanding MRX, our Troopers worked long hours to pack and rail load all our equipment.

Ensuring that each trooper had the necessary tools for mission success, we accounted and packed all the necessary gear for deployment.

Simultaneously, Sabre was also able to test our Troopers' marksmanship in February. We qualified on small arms and familiarized with crew-served weapons.

In Sabre Squadron, we understand the importance of maintaining proficiency in our weapon systems. The past two months of hard-work paid off as we were able to spend the last remaining weekends with our families.

During our deployment, the families that we leave at home are a critical aspect of our lives here. They remain a top priority.

The FRG and Rear Detachment are a strong team and will assuredly keep our soldiers'

families informed and involved.

These past few weeks in Kuwait have provided Sabre a great opportunity to continue our preparation to move north.

The mild weather at our camp has aided our Troopers in acclimating to the different climate. The dining facilities, MWR centers, and other resources here are exceptional.

With 24-hour Internet and phone access, we're able to easily reconnect with our families back home.

Our Troopers are **ready** for any mission;
they are **dedicated** and **trained**.

While in Kuwait, Sabre continues to train. We have conducted weapons training and studied new tactics that are being used in Iraq.

In a matter of days, the hard work will continue as we download our equipment and prepare them for the future fight. Our Troopers are ready for any mission; they are dedicated and trained. I am proud of what they have done and even prouder of what they will do.

Thank you to the Sabre spouses and families for the outstanding support you have provided. We will continue to lean on you for support as we face and overcome greater challenges ahead.

Sabre Ready! Ai-ee-yah!

Sabre 6

G Troop, 2/3 conducts

MOUT training

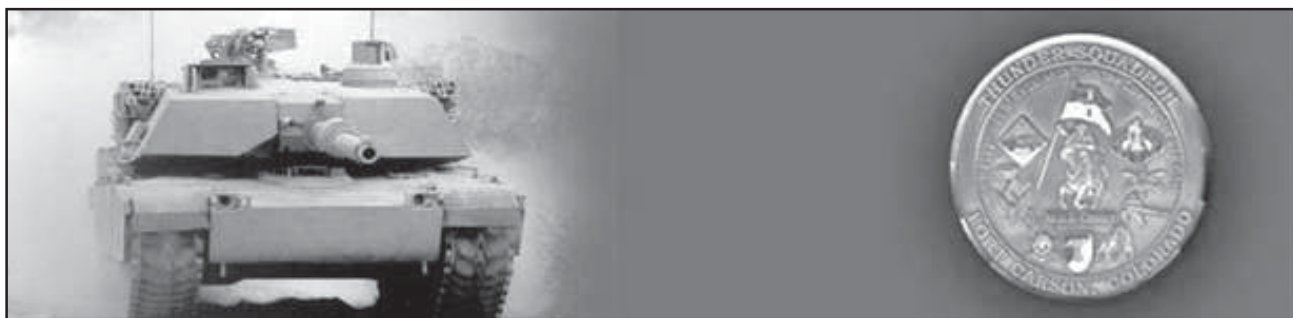
Military Operations in Urban Terrain



Left: Soldiers from Grim Troop, 2nd Squadron, 3d Armored Cavalry Regiment participate in the Mobile Military Operations in Urban Terrain training site at Camp Buehring, Kuwait. The training is beneficial for the squadron's mission in Iraq. Bottom: Grim Troop Mortars prepare to enter a room during the MOUT training. The Troopers were able to receive After Action Reviews detailing their mistakes and improve on their tactics.

Photos by
Capt. Russell Nowels





THUNDER SQUADRON

Mounted Rifleman Reports

THUNDER SQUADRON HAS SUCCESSFULLY DEPLOYED TO CAMP BUEHRING, KUWAIT. WE ARE CONDUCTING SEVERAL TRAINING EVENTS to prepare our troopers for the missions they will be performing in Iraq. We are conducting training and rehearsals that will culminate in a Cavalry Table XIII live fire exercise. Our troopers are firing their pistols, rifles, and machine guns to develop proficiency and confidence with their weapons.

The squadron is conducting exhaustive urban training to enhance our troopers' effectiveness in both a mounted and dismounted environment. We are sending troopers to Combat Life Saver training so that they are prepared to treat injuries and save lives in combat.

The units have been immersing themselves in basic Arabic and continue to build upon the skills they learned during language training at Fort Carson.

They have established a "word of the day" and have been rehearsing realistic scenarios they will likely encounter with Iraqi civilians.

This training develops familiarity with local customs and it increases troopers' confidence when interacting with Iraqis.

Our Squadron Chaplain (Capt. Mark Beals) has been providing religious support and spiritual fitness training to our troopers.

He represented Thunder Squadron at Camp Buehring's Chapel by preaching at the Protestant Sunday morning service.

He has also been providing on-call services to our troopers in the field.

We have begun to receive our vehicles and



Photo by Spc. Brian Trapp

A Trooper from Mad Dog Company, 3rd Squadron, 3d Armored Cavalry Regiment ground guides a M1A2 tank to the line.

our troopers are working hard to ensure that they are ready. Vehicle maintenance is a decisive part of our daily routine.

Lt. Col. Ross Brown has challenged our troopers by awarding Army Achievement Medals to troopers that identify the most confirmed maintenance faults on their vehicles.

These incentives help to motivate our troopers and keep them focused on the important task of ensuring that the squadron is mission-ready.

The days are long and the work is tough, but the mission is being accomplished thanks to the hard work of our troopers.



LONGKNIFE SQUADRON

By Lt. Col. Douglass Pavak
Longknife Squadron Commander

Dear family and friends of the Longknife Squadron, hello from Camp Buehring Kuwait! Thank you for taking your time to read the first installment of Mounted Riflemen from OIF 3.

The commanders truly value this opportunity to communicate with the families and friends of the Regiment.

As you know, a lot of hard work went into getting us all here safely. From preparations within each unit, to rail head operations at Fort Carson, to the loading of the Aircraft, Vehicles and other equipment at the port – every soldier distinguished themselves as truly dedicated Air Cavalry Troopers! I am extremely proud of

every Trooper!

March is off and running and the start of the new month marks the start of the Squadron's transition to combat operations.

As you know, with the exception of a few folks who departed on the Advanced Party – or traveled with our equipment by sea, the Squadron deployed during the last week of February into the first week of March. We've reunited as a Squadron and established operations in our temporary staging base.

Our commanders are busy, but are making every effort to ensure troopers have the time and ability to write, call or e-mail home. Communication with loved ones is very important. Be assured every effort will be taken to provide resources for our troopers to remain in contact



Courtesy photo

Troopers of 4th Squadron, 3d Armored Cavalry Regiment are ready for their mission in support of Operation Iraqi Freedom III.

with loved ones at home.

Our short stay in Kuwait will allow our troopers time to acclimatize, conduct training and get our Aircraft, Vehicles and equipment prepared for movement North.

So far, all the Flight Troops have been busy training since their arrival in Kuwait. Just recently, the pilots began environmental training in order to prepare for the harsh conditions that lie ahead, focusing mainly on sand and dust operations.

Along with this, the Regiment has kept them busy with numerous classes and briefings on Convoy Operations, Combat Life Saving Skills, Evasion Tactics, Helicopter Procedures, Airfield Operations, Range Safety, and Local Population and Culture.

Perhaps some of the more interesting training was the “hands on” portion of the Evasion Tactics, where pilots learned to clear and secure a building with live sub-munitions.

All troopers have been able to re-verify the zero’s on their individual weapons, become familiar with the Middle East cultures, and flight procedures in Iraq.

Tomahawk Troop hit the ground running as usual. They immediately jumped into the required training while simultaneously planning for the arrival

of the Squadron’s Aircraft.

Now that the fleet has arrived, Tomahawk is even busier balancing their training with continuous aircraft maintenance support.

Headhunter Troop has been just as busy. Members of III/V platoon have been consistently teaching and participating in Convoy and IED battle drills to



review techniques for operations in Iraq.

Additionally, the Ammunition Supply section is preparing for the Squadron movement by issuing and ordering the appropriate ammunition for troopers.

The Motor pool platoon anxiously waits for the vehicles to arrive so they can continue to provide the squadron with its' excellent maintenance support.

The Squadron Staff is

operating at full capacity to provide units with the necessary information as we prepare for operations north. Each section works diligently to process, analyze, and develop the unit's.

The troop Headquarters platoon is involved intimately in the above mentioned training on IED's, Convoys, and weapons. Also, COMMO provides the troop with extensive communication training on our recently assigned equipment.

Our medical section conducts daily Rifles Lifesaver courses in order to prepare individual troopers in the troop and squadron for operations and immediate life saving techniques.

Supply conducts daily preparation through acquisition at other bases here in Kuwait by working directly with the S-4 section to provide all soldiers with the necessary equipment.

The Strikers never sit idle. Hand to hand combat, Mission on Urban Terrain (MOUT) training, cultural awareness and language training are the norm for the Strikers.

In the upcoming weeks Troops will be conducting desert flight training and making sure all the weapon systems on our aircraft are in

See **LONGKNIFE**, Page 14



Courtesy photo

Tomahawk Troops hit the ground running upon arrival to Kuwait. Immediately after receiving their fleet of helicopters, the unit began training for its mission in Iraq.

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full working order.

The Troops are looking forward to our arrival in Iraq and can not tell you how much the prayers and support from the home front means to us.

Our mission is big, but our troopers are well trained and ready for the challenges ahead. I know that our impact here will be significant, the training and hard work of the past months will pay off. Thanks to all who made our transition into Theater a safe and relatively easy one. **Be proud of your trooper and know that what they are doing is important!**

“I know that our
impact here will be
significant the training
and **hard work** of
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off.”



MULESKINNER SQUADRON

By Lt. Col. Richard O'Connor
Support Squadron Commander

Dear friends and families of the troopers of Support Squadron, the Muleskinners Squadron has safely deployed to Kuwait. The troopers' morale is high as we continue to prepare for follow-on missions.

Troopers are experiencing good living conditions here in Kuwait with large tents with air conditioning. The dining facility turns out a variety of fresh food with three meals a day and plenty of ice cream and deserts.

The camp has several modern facilities to include Post Exchanges, Burger King, Subway, and even a donut and coffee shop.

From day to day the weather has been mild with rain showers and occasional sunny skies.

Troopers are focused and training hard every day with physical fitness training in the morning and weapons familiarization training and firing ranges throughout the day.

Platoons and squads continue to conduct a wide variety of training at their level.

The training and PT is allowing troopers to build confidence and competence as we prepare for impending combat operations.

The troopers are fortunate to have several means to keep in touch with their loved ones.

There are currently 24 hour phones and internet available as well as free letter mail to the United States. The best way to keep in touch with your trooper is by email or regular mail through the United States

Postal Service. Our current APO address is:

Trooper Name
Unit/SPT SQDN, 3D ACR
APO AE 09379

Please allow up to three weeks for mail to arrive and it is best to wait until late March to mail care packages to your loved one.

I have prepared a policy letter for Rest and Relaxation

See MULESKINNER,
Page 16



Courtesy photo

Commanders of Support Squadron, 3d Armored Cavalry Regiment pose with the guidons of the Muleskinners Squadron.

MULESKINNER from
Page 14

(R&R) leave that will afford troopers leave to CONUS and away from the combat zone.

Based on the operational tempo and slots made available it is my intention to start rotating soldiers on R&R leave starting in 90 days.

I want to afford every trooper time off and away from the battle; however it can be expected that not everyone will be granted leave.

I would like to end by thanking the Family Readiness Groups and Rear Detachment for their time and effort spent caring for families as we embark on this historic mission to free the world from tyranny and terrorism and shape a better future for our children.

Like your troopers, you the families are on the front lines at the home front and being led by the best in our FRG and Rear Detachment.

I thank you for the sacrifices you have already made and the hardships of your separation, but I assure you that your efforts help your troopers remain vigilant and focused on making this a better world for the future.

S&T Troopers introduced to **‘One tough truck’**

Mounted Rifleman Reports

Troopers of Supply & Transportation were introduced to the Add on Armor static display began at the Squadron Motor Pool by Capt. James Outland, S&T commander.

Displays included the newly armored Medium Tactical Vehicle (MTV), Heavy Equipment Transporter (HET), Palletized Loading System (PLS), and High Mobility Multipurpose Wheeled Vehicle (HMMWV).

The majority of the armor kits come complete with air conditioning, a suspension upgrade, and machine gun mounts allowing the vehicle crew to complete their mission by increasing their lethality and allowing them to better defend themselves in hostile situations.

Each armored MTV was mounted with a M-2 .50 Caliber Machine gun. Its new protection on this truck adds 2500 pounds of steel and ballistic glass to protect the Packhorse transporters while they are on re-supply missions supporting the regiment.

Also on display for the Packhorse Families was the 70

ton HET featuring a 100 percent all around armored cab.

This vehicle is finally as bullet-proof as the M-1 Abrams Tank it hauls up and down the



Main Supply Routes in Iraq.

Families and Soldiers alike were especially impressed by the aggressive armor installed on the HEMMET and PLS vehicles, noting that soldiers would not only be safe from enemy fire but also have an incredible ramming ability when faced with road blocks or rogue vehicles on the roads of Iraq.

To round out the fleet was the Command and Control vehicle, the armored HMMWV. With its 200 pound doors and 3-inch-thick window glass one spouse remarked that “this is one tough truck!”

S&T Troop will be one of the first units in the Army to be fully armored before heading into Operation Iraqi Freedom.



REMINGTON TROOP

By Capt. David Rozelle
Remington Troop Commander

Dear Remington Families, we are finally all here in Kuwait. You'll be happy to know that we have arrived at the best time of year here in the desert, mainly because it is not as hot, with highs in the 80s and lows in the 60s.

The area we have occupied is much more developed than you may have heard. Our Soldiers are living in tents with wooden floors, lights, power sockets, and A/C.



Photo by Capt. David Rozelle

Remington Troop scouts engage the Military Operations in Urban Terrain training site.

There is also plenty of life support, to include showers and PX facilities. There are four hot meals a day, and the Soldiers are definitely fattening up on those!

As we wait for our equipment, we have had some great opportunity to continue to train and hone our skills in preparation for the months ahead.

Although there are some mandatory briefs that require lots of sitting and listening, there have been plenty of opportunities for our soldiers to get out and train. Besides simple weapons familiarization that all Soldiers must attend, some have been able to get out and participate in some world-class training.

Some of our Soldiers have already begun shift work in the Tactical Operations Center, but some, especially the scouts, have been able to take advantage of some incredible training.

The scouts were able to participate in a three day close combat training course where they learned some great weapons skills.

In the coming weeks, we will complete the unloading of our ships, prepare our equipment for onward movement and move into our areas of responsibility in Iraq. We are trained and ready for the mission.

Thank you for your support back home. Your participation in the Family Readiness Group is what makes us a better fighting force in the field. Although we have everything we need at the moment, we look forward to the letters and packages that make us feel more at home.

Thank you for all that you do.

Remington 6

Cherish every moment, live between the steps

By Chaplain (Maj.) David Causey
Regimental Chaplain, 3d ACR

A certain university professor told of being invited to speak at a military base one cold December and of there meeting an unforgettable soldier named *Ralph* who had been sent to pick him up at the airport. After they had introduced themselves they headed toward the baggage claim.

As they walked down the concourse, Ralph kept disappearing. Once to help an older woman whose suitcase had fallen open, once to lift two toddlers up to where they could see Santa Claus, and again to give directions to someone who was lost. Each time he came back with a big smile on his face.

"Where did you learn to do that?" the professor asked.

"Do what?" Ralph said.

"Where did you learn to live like that?"

"Oh," Ralph said, "during the war, I guess." Then he told the professor about his tour of duty in Vietnam, about how it was his job to clear

minefields, and how he watched his friends, one after another, blown up before his eyes.

"I learned to live between the steps," he said.

"I never knew whether the next one would be my last, *so I learned to get everything I could out of the moment between when I picked up my foot and when I put it down again. Every step I took was a whole world, a whole life, and I guess I've just been that way ever since.*"

At this time it's natural for us to grieve over being separated from loved ones and to want to "fast forward" ahead to our reunion. That reunion will come, but it is wrong to wish any part of our lives away.

We all need to cherish each moment and live it to its fullest – even during this deployment. Each step and each moment should be a whole world to us; lived, enjoyed, and used to bless others. "***This*** (today) is the day that the Lord has made, let us rejoice and be glad in it" (Psalm 118:24).

(Adapted from *God's Vitamin "C" for the Spirit*)

Camp Buehring provides ample religious opportunities for Soldiers

By Chaplain (Capt.) Jamison Bowman
Chaplain, 1st Squadron/3d ACR

As the Kuwaiti sun ascends above the horizon at Camp Buehring, I could hear the cadences of military units conducting their various exercises. Some soldiers ran in formation, yet others carried out strength training.

The temperature was a cool 68 degrees in the morning - a far cry from the frigid mountain air at Fort Carson.

As I ran along the camp perimeter and watched different units work out, I derived a

sense of peace from this serene, sandy setting.

I then realized why I could stand back and enjoy the moment, with its sights and sounds: someone else held worked very hard to provide me with a comfortable workplace, a means of communication with personal and professional contacts, and a full-



See **SUPPORT**, Page 19



Chaplain (Capt.) Jamison Bowman, far left, shares a moment with Troopers of D Company, 1st Squadron, 3d Armored Cavalry Regiment. Bowman, along with all the Regiment's chaplains, ministers and provide spiritual counseling to Soldiers in the field and provide worship services while deployed.

Photo by Sgt. 1st Class Donald Sparks

blown religious support program for those who are just passing through, including the 3d ACR.

That someone was the Camp Buehring Unit Ministry Team, the one of the camp's permanent residents.

The military is currently reconstructing Camp Buehring so that it will become a more permanent fixture in Kuwait.

As this process unfolds, the Unit Ministry Teams here meet an array of religious needs for soldiers. Active duty and National Guard UMTs constitute part of the Camp Staff.

Their job is to provide and perform religious services for the soldiers housed here while in transition to various parts of the Middle East.

The Camp Buehring UMT provides weekly services for Roman Catholic, Protestant, Full Gospel, Jewish, Mormon, and Islamic worshippers in a modern, fully functional chapel.

The Chapel Annex provides office space for visiting UMTs. 3d ACR chaplains and assistants conducted counseling with soldiers, finalized plans for the Iraq mission, corresponded with CONUS Chaplain Corps personnel, and coordinated religious coverage while in Kuwait.

It was a blessing to have a fixed nerve center for ministry teams as soon as we hit ground.

In addition, we could spend more time with soldiers be-

cause of the assistance of the UMTs stationed in Kuwait.

Soon we will leave here and relocate to our perspective areas of operation. Camp Buehring set a standard that all six 3d ACR UMTs will remember.

As the Regimental ministry teams strive for excellence, soldiers and families will benefit from the empowerment UMTs receive at this area of transition.

(Editor's note: The Camp Buehring Unit Ministry Team consists of Chaplain (Maj.) Rick Rogers, Chaplain (Maj.) Joel Burke, Chaplain (Capt.) Mark Jacobs, Sgt. David Vickery, Sgt. Garrett Solarzano, and Spc. Douglas Naas.)

Troopers may be eligible for lump sum bonus

Rare opportunity for mid-career Soldiers to make re-up bucks

Mounted Rifleman Reports

Effective Dec. 30, 2004 per MILPER Message 04-354 the Army announced a listing for Lump Sum Selective Reenlistment Bonus.

Under this message, qualified soldiers may be eligible for a lump sum bonus of up to \$15,000.

“This is atax-free entitlement that is not offered to Soldiers while stationed stateside,” said Master Sgt. Scott Leeling, senior career counselor, 3d Armored Cavalry Regiment. “Soldiers should definitely take advantage of this opportunity while it lasts.”

All soldiers, grades E-3 through E-6 who are qualified to reenlist, have the opportunity to take advantage of this bonus regardless of their reenlistment window provided they have never received an A or B Zone Bonus.

Soldiers currently in the C Zone, 10 years, but less than 14 years Active Federal Service, are also eligible for this



bonus.

“The C Zone is only offered to those qualified Soldiers while serving in OIF,” Leeling said. “This is a rare opportu-

nity for our career Soldiers to receive a selective reenlistment bonus.”

For more information, see your Career Counselor.



Prep now to prevent heat injuries

Compiled by Antonio Padilla
Safety Officer, 3d ACR

The following articles are reprinted from the March 2003 edition of *Countermeasure* as a guide to prevent heat injuries. This is the first of a two-part series, the second will appear in the April 2005 edition of the *Mounted Rifleman*.

All leaders should try to implement the measures in the articles to enhance their safety programs.

Don't let the desert heat defeat you

The Middle East and its desert environment are not new territory for the Army. Operations Desert Shield and Desert Storm and, most recently, Enduring Freedom, have tested the desert war fighting capability of our Soldiers.

Many of the Soldiers facing deployment to the Middle East today have been to the deserts of that region before.

However, scores of deploying Soldiers have not had to endure the harsh and brutal conditions awaiting them halfway around the world. Envi-

ronmental effects of the desert can have a devastating impact on personnel if they are not prepared for it.

Certain precautions must be taken to protect soldiers and their equipment during a desert deployment. Factors such as acclimation, adequate hydration, sun protection, heat injury prevention, and other concerns must be dealt with before, and especially during, deployment to a desert region.

One of the biggest dangers facing Soldiers in the desert is heat, and acclimation to that heat is vital to maintaining their health.

Acclimation to heat is absolutely necessary for the body to reach and sustain efficiency in its cooling process. A period of two weeks should be allowed for acclimation, with progressive degrees of heat exposure and physical exertion—a gradual buildup to full performance.

Radiant light from the sun is another danger soldiers should be prepared for in the desert. The sun's rays, either direct or bounced off the ground, affect the skin and can produce eye strain or temporarily impair vision.

Overexposure to sunlight will cause sunburn, and excessive sunbathing or dozing in the desert sun can be fatal! People with fair, freckled skin, a ruddy complexion, or red hair are more susceptible to sunburn than others, but everyone is susceptible to some degree.

When shade is required during the day, it can be provided best by tarpaulins or camouflage nets, preferably doubled to allow air circulation between the layers and dampened with any surplus water.

Vehicle exteriors and tools can get extremely hot when exposed to sunlight for only a few minutes; crew members and



See **HEAT**, Page 22

maintenance personnel must wear gloves to prevent first- and second-degree burns when touching these items.

The combination of wind and dust or sand particles can cause extreme irritation to the mucous membranes, lips, and other exposed skin surfaces. Eye irritation caused by fine particles entering the eyes is a frequent complaint of vehicle crews, even when wearing goggles.

Chapped lips are also common in the desert. The use of chapstick and skin and eye ointment is imperative in preventing and minimizing the effects of wind and sand.

Another danger of the desert is sandstorms. Fast, wind-blown sand produced in sandstorms can be extremely

painful on bare skin, which is one reason why soldiers must be fully clothed at all times.

When visibility is reduced by sandstorms to the extent that military operations are impossible, soldiers should not leave their group unless they are secured by lines for recovery. Pieces of cloth or bandannas must be carried to cover the face and neck during sandstorms.

Proper standards of personal hygiene must be maintained in the desert. Daily shaving and bathing are required if water is available; cleaning the areas of the body that sweat heavily is especially important.

It is important to remember that even minor sickness in the desert can have dire consequences—prickly heat and diarrhea can upset part of the sweating mechanism and increase water loss

If sufficient water is not on hand for bathing soldiers can clean themselves by means of a sponge bath, solution-impregnated pads, a damp rag, or a dry, clean cloth.

Underwear should be changed frequently and foot powder used often. Soldiers should be checked for signs of injury, no matter how slight, as desert dust and insects can

cause infection in minor cuts and scratches.

Small quantities of disinfectant in washing water can reduce the chance of infection.

It is important to remember that even minor sickness in the desert can have dire consequences—prickly heat and diarrhea can upset part of the sweating mechanism and increase water loss, raising susceptibility to heat illnesses.

The buddy system can help ensure that prompt attention is given to these problems before they incapacitate soldiers. The desert is full of diseases.

Common scourges found in the desert include plague, typhus, malaria, dengue fever, dysentery, cholera, and typhoid.

Although some of these illnesses can be prevented by vaccines or prophylactic measures, proper sanitation and personal cleanliness are vital to disease prevention.

Proper mess sanitation is also essential in the desert. The desert should not be feared, but preparation is key to surviving and winning a desert war. Arm yourself with the facts and stay safe!

The clear facts on water

In the desert, water—especially safe drinking water—is invaluable. Soldiers must stay adequately hydrated to survive in the desert and maximize their warfighting effectiveness.

Potable, or drinkable, water is the most basic need in the desert. The human body depends heavily on water: approximately 75 percent of the human body is made up of fluid.

A loss of fluid of two quarts, or 2.5 percent of body weight, decreases efficiency by 25 percent. A loss of fluid equal to 15 percent of body weight is usually fatal.

Merely finding a water source is not enough,



Photo by Sgt. 1st Class Donald Sparks

Sgt. 1st Class Arturo Loreda, Headquarters, Headquarters Troop, 1st Squadron, 3d Armored Cavalry Regiment, drinks water as part of his acclimatization to the Kuwait desert. Drinking plenty of water is critical to Soldiers adapting to the desert environment.

though. It is vital to ensure that there is no possibility of non-potable water being mistaken for drinking water. Safe, potable water is essential to the Army.

Water that is not properly treated can transmit a multitude of diseases including typhoid fever, dysentery, cholera, and diarrhea. In some areas, contaminated water can also be a means of transmitting hepatitis and other infections.

When soldiers are active, leaders must oversee the drinking of two quarts of water per hour, per soldier. Soldiers cannot be trained to adjust permanently to a reduced water intake.

An acclimated soldier will require as much, if not more, water because he sweats more readily. In very hot conditions, it is better to drink smaller amounts of water more often than to take large amounts occasionally.

Drinking large amounts of water causes waste by excessive sweating and also could cause heat cramps. If water rationing is in effect, water should be issued under the close supervision of officers and NCOs.

If the ration is not sufficient for the type of activity being performed, there is no alternative but to reduce physical activity or restrict it to the cooler parts of the day. As physical activity increases, soldiers should drink more water.

Dehydration: Dehydration is deadly and hits fast. During high desert temperatures, a resting soldier can lose as much as a pint of water per hour through sweating!

At the beginning of their deployment, soldiers may not always drink the amount of water they require. Because of this, newly deployed soldiers need to be encouraged to drink more, especially during acclimation.

NCOs and officers must keep track of how much their troops drink to ensure they drink enough water. These same leaders, as well as the soldiers

themselves, should also look for the warning signs of dehydration.

Very dark urine is often a warning sign; other symptoms include sunken eyes, dry or sticky mucous membranes in the mouth, decreased or absent urination, decreased tears, deep and rapid breathing, lethargy, or coma.

REGIMENT
HISTORY

REGIMENT'S ENGAGEMENTS



<u>MONTH</u>	<u>LOCATION</u>	<u>UNITS ENGAGED</u>
2 Mar 1945	Capture of Trier, Germany	3d Cavalry Grp (MECZ)
3 Mar 1862	Comanche Canyon, NM	C & Detachment K
3 Mar 1900	San Francisco, Union, PI	C
6 Mar 1901	Near Cabatloanan, Ilocos, PI	Detachment H
8 Mar 1991	(ODS) Began retrograde operations to Saudi Arabia	3d ACR
13-16 Mar 1945	Battle of Hill 425, Riol, Germany	F Co & B Troop, 3d Sqdn
9-28 Mar 1847	Vera Cruz, Mexico	Regimental Troops
12 Mar 1991	(ODS) Out of Iraq	3d ACR
14 Mar 1900	Bagnotan, Union, PI	Detachment D
17 Mar 1917	Assigned to Fort Sam Houston, TX	3d Cavalry
21 Mar 1871	Peloncillo Mountains, AZ	Detachment K
22-28 Mar 1945	Rhine Crossing	3d & 21st Tank Bns.
26-28 Mar 1862	Apache Canyon, NM, (Glorieta or Pigeon Ranch)	C and E
27 Mar 2000	(SFOR7) Assumed peacekeeping mission	3d Sqdn
28 Mar 1871	Gila River near Gila Mountains, AZ	Detachment K
28 Mar 2000	(SFOR7) Assumed peacekeeping logistics mission	SPT Sqdn

History finds way to repeat itself in Regiment

Compiled by Jim Mallette
3d ACR Museum Technician

In March 2004 the 3d Armored Cavalry Regiment began re-deployment back to Fort Carson.

The redeployment marked the end of a year long peace-making mission in Iraq.

The troopers of the Regiment patrolled the streets and roads against insurgents and terrorists to help build and protect a developing democracy.

Not that history repeats itself, but in 1902 the Regiment returned from the Philippines after helping put down the insurrection. In January of 1906 they arrived in the Philippines.

During their second deployment there, the Regiment found the conditions to be generally quiet.

This was in stark contrast to a few years earlier while they were fighting against the terrorists and insurrectionists.

A Troop was ordered to Leyte to continue operations against the 'Pulajares.'

The Pulajares were a group of raiders, or highwaymen, raiding under the pretense of freeing the Philippines from foreign domination.

The rest of the Regiment was stationed at Camp Stotsenburg.

Here the Regiment was able

to participate in field maneuvers and athletic competition.

It was during this time that the Regiment was reviewed by the Secretary of War and the Division Commander.

The Regiment also won the Cavalry Cup (for athletic competition) and the Regiment's baseball team was said to be among the best in the Army.

In a report submitted by the Inspector General (Philippine Division), Lieutenant Colonel Wilder, he wrote, "I think it is fair to state that the Third Cavalry proved itself the best instructed Cavalry Regiment that has ever come under my observation."

In 1908 the Regiment returned to the States. After doing some research on these repeat engagements I found that there are several similarities between Operation Iraqi Freedom and the Philippine Insurrection.

- After the Regiment returned from the Philippines in 1902, after fighting against insurgents and terrorists, they had to redeploy in 1905;

- One mission was peace making while the other was peacekeeping;

- There was also a lot of unpopular press about the war;

- Many of the Soldiers did not want to go to war, but did so out of the belief that 'it was the right thing to do;'

- There were anti-war rallies on college campuses from the East to West coasts;

- The Colors of the United States were described by one college professor as "an emblem of tyranny and butchery..."

- Resolutions were passed by state and local governments renouncing American occupation by, "extending our sympathy to the Filipinos in their fight against the American army;"

- Attempts were made by the *Anti-Imperialist League* to undermine the morale of the troops in the Philippines.

There were some differences.

- One hundred years separate the two events;

- Negative press is spread world-wide;

- Western colonial policies already existed in the Philippines;

- Rules of warfare were understood by both sides—equal lack of restraint; today's rules of warfare apply only to the coalition forces;

- Troopers can reply to family in real time using today's technology, where it took over 30 days one hundred years ago.

One year later the Regiment is back in Iraq once again assisting that country in their pursuit of a democratic government.

This may be an indicator that history repeats itself.

What will you do with your deployment dollars?

Compiled by Army Community Service

With the deployment of the post beginning, so will your deployment dollars. If you save the extra money your Soldier will earn from deployment, you could have an emergency fund, investment fund or savings account containing at least **\$8,100.00!**

This does not include interest or the tax savings you enjoy during deployment.

Here are a few ways your extra money can be used.

- Pay off high interest debt
- Student loans
- Start an individual retirement account

What should you do if you have no idea what do with your extra cash? Well, all is not lost. It is never too early to start saving and building a cash reserve. Here are some tips that will not only encourage you to save, but will make savings simple.

- Pay yourself first!
- Create space in your budget to save.
- Find ways to cut expenses.

For instance, if you have a passion for movie rentals make a concerted effort to reduce your video obsession. The savings can be used to start a savings account.

- Find out where your money is going every month.
- Create a budget and stick to it. One of the easiest ways to do this is to track your expenses. The process will seem a little time consuming initially, but it is not difficult and well worth the effort.

• Cultivate a rainy day account, discipline yourself to consistently save and leave it alone!

Most people realize the importance of keeping an emergency fund, but most don't have one. Most of us live paycheck to paycheck. Your emergency fund should consist of three to six

months of living expenses, and a contingency fund that can support you for up to two years if you should lose your job.

The emergency fund should be kept in cash, but the contingency fund can be invested in short-term government bonds or other instruments that are considerably less volatile than the stock market.

• **Treat your emergency fund as a bill.** Pay your account every month or every two weeks. As your emergency funds grow, consider keeping it in a money market account or fund until you have about two months of living expenses.

Then consider moving one month of expenses to a one-month CD. When the CD matures, roll the principal and interest into another one-month CD.

Saving money takes discipline, but it becomes easier over time. The piece of mind that comes from knowing you have financial resources for tough times can be worth the sacrifices you make now.

Here are examples of simple ways to squeeze your budget:

• **Focus on your spending.** Create a budget and track your spending. After seeing where your money goes, it is much easier to decide where you can cut. **THEN LIVE BY IT!**

• **Treat savings like a bill.** Consider your monthly savings amount as a bill that has to be paid. Consider having the amount-transferred automatically from your checking account or paycheck. Pay your account every month or every two weeks.

For more information on how to maximize your deployment dollars, make an appointment with a financial counselor at Army Community Service, 526-4590, we are located in Building 1526, 6303 Wetzel Avenue (next to the Commissary).

Instilling Pride

NCOs who understand the importance of morale and esprit know that instilling pride contributes significantly to combat readiness. - *The NCO Journal/Winter 1993*

By Sgt. 1st Class Donald Sparks

It's been 10 years since I left Fort Jackson, S.C., but the place where "Victory Starts Here!" still remains one of my favorite duty assignments. One of the intimate things I remember about Fort Jackson was how drill sergeants began planting seeds of esprit de corps and pride into the Army's newest recruits.

Everywhere I went on the installation to cover assignments as a journalist, I was always greeted (quite loudly about 99 percent of the time) each motto of the different training brigades and regiments.

I would go by the 28th Infantry Regiment and Soldiers would walk past an noncommissioned officer and scream "Black Lions!" sergeant. The proper response from the NCO was, "Hooah! Black Lions Soldier - drive on."

If I strolled into the 26th Infantry Regiment, I'd hear "Blue Spaders," the 13th Infantry Regiment - "First at Vicksburg," and finally from the 39th Infantry Regiment, "Triple AO!"

What I didn't appreciate back then was how each and every one of those Soldiers exemplified the rich traditions and culture that the Army passes down to keep heritage and pride alive in units.

When I became a drill sergeant myself, it was my first priority to instill pride and a sense of identity for my Soldiers as I gave them the motto - Pathfinders lead the way!

Upon my exit from the training environment and my transition back to 'the real Army,' no longer in my travels did I see the pride in unit and the type of cohesion that NCOs instill into new Soldiers, hell, even older Soldiers.

Even the simple act of saluting an officer required no verbal exchange, yet alone taking a glimpse of each other. Soldier salutes, officer return salute and both just pass on by.

For the two months that I've been assigned to the 3d Armored Cavalry Regiment, I've had a rebirth of pride in unit. Learning the traditions of the Regiment of Mounted Cavalrymen has been an enlightening experience and it has made me once again appreciate the rich and colorful traditions and heraldry in our Army.

But more than that, I see firsthand how pride in unit fosters a climate of togetherness and esprit de corps that is missing in many units throughout the Army.

I remember once while studying for a board reading that NCOs are the preservers of our Army's heritage. By tying in our traditions with our training and Soldier combat readiness, we enable ourselves for unlimited success on the battlefield.

When a Soldier has pride in his unit, it reciprocates into pride into service, pride in our Warrior Ethos and pride in our commitment to fighting for and with our fellow Soldier.

So now each time I hear, "Brave Rifles, Veterans" following a salute, I know a little more pride is instilled in our great Regiment.

